



# YMCA Health Seekers Exercise Class Schedule

Feb. 22, - April 2, 2010

Phone 674-7488



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-7:00 am	YPF 6:30-7:30 am (ASC)		YPF 6:30-7:30 am (ASC)		YPF 6:30-7:30 am (ASC)
7:45-8:45 am	AOA Cardio/ Strength (ASC/G3)	Women on Weights** (SC: 8:00-9:00 am)	AOA Cardio/ Strength (ASC/G3)	Women on Weights** (SC: 8:00-9:00 am)	AOA Cardio/ Strength (ASC/G3)
9:00-10:00 am	YPF (ASC) Core Training & Stretch * (MBC)	Gentle Yoga (MBC) Activate Sheridan Center Open	YPF (ASC) Core Training & Stretch * (MBC)	Gentle Yoga (MBC) Activate Sheridan Center Open	YPF (ASC) Core Training & Stretch * (MBC)
10:15-11:15 am	AOA Cardio/ Strength (ASC/G3)	Activate Sheridan Center Open (10:00-11:00 am)	AOA Cardio/ Strength (ASC/G3)	Activate Sheridan Center Open (10:00-11:00 am)	AOA Cardio/ Strength (ASC/G3)
11:15-12:15 pm	Activate Sheridan Center Open		Activate Sheridan Center Open		Activate Sheridan Center Open
12:15-1:15 pm	YPF (ASC)		YPF (ASC)		YPF (ASC)
1:30-3:00 pm	Activate Sheridan Center Open	Activate Sheridan Center Open	Activate Sheridan Center Open	Activate Sheridan Center Open	Activate Sheridan Center Open
4:00-4:45pm	Activate Sheridan Center Open		Activate Sheridan Center Open		Activate Sheridan Center Open
5:30-6:30 pm	YPF (ASC)		YPF (ASC)		YPF (ASC)
6:45-7:45pm		Beginner Fox Trot/ Waltz (AG)			

1.\* **Core Training & Stretch:** Contact Patty Cox for an orientation before first class.

2.\*\* For strength class orientations, please contact Katie Cox.

Classes will be cancelled after the second week of the session if there is less than (six) 6 participants on a regular basis. Thereafter, classes will be monitored and if numbers drop below 6, cancellation dates will be set.

**For additional program information,  
refer to the Health & Well-Being Flyers  
in the front lobby display case.**